

Summer Specialty Classes 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				TRX Suspension Training 5:30 am	
Outdoor TRX Circuit Training 9:00 am	Aqua Bootcamp 9:00 am		Flow Yoga 9:00 am		Outdoor TRX Circuit Training 8:45 am
	TRX Suspension Training 9:00 am		WARF Running Program 9:30 am		
			TRX Suspension Training 9:30 am		
			Outdoor TRX Circuit Training 10:30 am		
		Fit Pit for Kids 5:30 pm			
Outdoor TRX Circuit Training 6:30 pm					
WARF * Running Program 6:30 pm		TRX Suspension Training 6:30 pm			
	Sunset Yoga 7:30 pm				

Registration
opens April 21

- Class Dates -
May 26 - August 30

- Cost -
Members: \$100
Non-Members: \$120
(10 Classes)

Each class will be
offered 12 times.

Choose which 10 of the 12
classes you would like to
attend. Cost only covers one
class/day/time option.

See reverse for class descriptions



800 Waterloo Road
Warrenton, VA 20186
(540) 349-2520
www.warrentonva.gov
(under Parks & Rec tab)

* WARF Running Cost: Member \$90; Non-Member \$110

**Vinyasa Yoga Cost: Member \$150; Non-Member \$180

CLASS DESCRIPTIONS

Aqua Bootcamp

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

Tuesdays at 9:00 am with Monica

Fit Pit Kids (Ages 8-12)

Get your kids moving in a fun, safe and somewhat familiar environment! Disguised as playing outside, young participants will work their cores and enhance cardiovascular strength while working in training stations.

Wednesdays at 5:30 pm with Beth H.

Flow Yoga in the Water

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, in the water!

Thursdays at 9:00 am with Monica

Outdoor TRX Circuit Training

Take your training to the next level by combining TRX core training with training stations and cardio exercises in an outdoor environment. This is the opportunity you have been waiting for! Check out the WARF's "Fitness Pit" and experience all of the advantages of interval training in an exciting and fun environment!

Monday 9:00 am with Monica Mondays 6:30 pm with Beth H. Thursdays 10:30 am with Beth C. Saturdays at 8:45 am with Monica

Sunset Yoga

Join Monica outside near the lake for the best yoga experience ever! If you have never done yoga outside, while watching the sun set, you are in for the experience of a lifetime. Bring your yoga mat and plan to depart from the side patio (next to the Playground) promptly at 7:30 pm. In inclement weather, class will be held inside on the Concourse.

Tuesdays at 7:30 pm with Monica

TRX Suspension Training

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

Tuesdays at 9:00 am with Beth C.

Wednesdays at 6:30 pm with Monica

Thursdays at 9:30 am with Beth C.

Fridays at 5:30 am with Beth H.

Vinyasa Yoga

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation. Lavender oil will be part of the relaxation experience at the end of the class.

Saturdays at 11:00 am - 12:30 pm with Monica

WARF Running Program

Participants will meet once per week for a duration of 75 minutes. During the first class, each participant will receive a 10-week workout plan that will have 3-4 run workouts per week. Participants will work on running technique drills, interval training and paced runs with others of similar abilities.

Monday 6:30 pm with Rob Thursday 9:30 am with Hillary